

# Course: Sun Safety

**Purpose**

To teach participants the dangers of overexposure to direct sunlight

**Prerequisites**

None

**Learning Objectives**

- Recognize the importance of being sun safe
- Explain steps to take to reduce exposure to ultraviolet (UV) rays

**Length**

Approximately 30 minutes

**Leader**

Currently authorized Water Safety (r.09) or Lifeguarding instructor or Aquatics leader

**Certification Requirements**

Attend the entire presentation.

**Certificate Issued and Validity Period**

Sun Safety – No validity period

**Participant Materials**

None